**RELAXING SWEDISH MASSAGE**—
The session will help you relax and unwind as we use soothing strokes to allow tension to drift away while improving circulation & breathing.

**DEEP MUSCULAR MASSAGE**—
A firm yet gentle technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.

**JAPANESE FULL BODY SHIATSU**—
Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body. Promotes relaxation & the free flow of “CHI” for self-healing. Available with Advanced Students & LMT’s only.

**CRANIOSACRAL THERAPY**—
This energetic technique uses gentle pressure to specific areas on the skull and sacrum to ease tension & restrictions all over the body. Available with Advanced Students & LMT’s only.

**LYMPH OR PERNATAL MASSAGE**—
Both massage sessions are soothing treatments that effectively address the needs of draining excess fluids or strengthening immunity as they relax achy muscles.

**NEW REFLEXOLOGY**—
This ancient healing modality offers deep relaxation. Includes hot towel foot wrap and massage on the hands and feet, along with our signature hydrating mint lotion.

**SIGNATURE ORIENTAL HOT ROCKS & SWEDISH MASSAGE**—
Enjoy a swedish massage that begins with heated river rocks that fit the contour of your back. Sustained pressure & radiating heat help tightness in deep muscles melt away, allowing the practitioner to release and relax musculature more effectively.

**ACUPRESSURE FACIAL**—
This treatment includes gentle pressure and massage to oriental acupoints on the face, neck, scalp & shoulders for a clearing deep relaxation.

**NEW DETOXIFYING HERBAL BODY WRAP**—
Begin with a rejuvenating dry brush scrub, followed by a body wrap infused with locally blended herbal extracts, superheated to aid in detoxifying the body while calming the mind. Also includes a face massage.

**EUCALYPTUS STEAM BATH**—
Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrate dry skin. Great for congestion caused from allergies and colds.

**NEW FOOT SPA PACKAGE**—
Pamper your feet with a mineral foot soak followed by a peppermint exfoliating foot scrub, a hot stone foot rub, and lastly a reflexology session.

**NEW SALT AND HONEY SCRUB**—
**NEW SALT AND HONEY SCRUB**—
Invigorate your body with our all natural local sea salt and honey scrub that will leave your skin feeling true self for healing deep within your soul.

**TIBETAN REIKI/ENERGY TREATMENT**—
This gentle hands on energy treatment relaxes body, mind & spirit while it awakens the core wisdom of your true self for healing deep within your soul.

<table>
<thead>
<tr>
<th>Massage &amp; Bodywork</th>
<th>Specialty Massage</th>
<th>Spa Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Rate • 50 min $30 • 80 min $45 • 110 min $60</td>
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<td>Advanced Student • 50 min $35 • 80 min $52 • 110 min $70</td>
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<td>L.M.T.* • 50 min $40 • 80 min $63 • 110 min $80</td>
<td>Licensed Massage Therapist • 70 min $60 • 100 min $80</td>
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<td><strong>NEW REFLEXOLOGY</strong>— This ancient healing modality offers deep relaxation. Includes hot towel foot wrap and massage on the hands and feet, along with our signature hydrating mint lotion. • 20-25 min $25 w/student • $30 w/LMT</td>
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massage add-on treatments

AROMATHERAPY—
Choose from three therapeutic grade essential oils that will add restorative effects to your body and mind.
• $5 After the treatment the vial is yours to keep.

BODY BUTTER—
Upgrade your session with a rich, skin hydrating body butter for that extra smooth satiny feel.
• $5

NEW CRYSTAL CHAKRA BALANCING—
Utilizing the natural power of crystals through color in a specific geometric layout, aligned on the body’s chakra centers to balance energy of body, mind & spirit.
• $10

DRY BRUSH—
This gentle exfoliation treatment uses natural bristle brushes to renew, revitalize & nourish your skin for a healthier look.
• $10

NEW HOT TOWELS—
Enhance your massage with the sensation of hot towels on you feet, face and back. Warming, relaxing and calming to your body & mind.
• $5

ONLINE APPOINTMENT BOOKING & GIFT CERTIFICATES
Visit us at www.healingmountain.edu, or use your smart phone on the campus qr-code below.

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Now that we have your attention, if you are interested in receiving $300 worth of massages from our school absolutely free, here is how it works:

If you know someone who is interested in going to massage school, and they attend Healing Mountain, and they graduate on time, just have them notify us when they enroll and we will show our thanks & appreciation to you with $300 in free gift certificates good for student massages and/or spa services after they graduate.

Healing Mountain offers a diverse, yet marketable curriculum. In addition to the standard massage therapy courses, our 900 hour program contains unique modalities like:
• Zen & the Art of Massage
• European Hydrotherapy & Spa Training
• Color Therapy using Crystals
• Prenatal Massage
• Lymph Drainage Massage
• Thai Yoga Massage
• Tibetan Energy / Reiki therapy
• Aromatherapy

These are all in great demand by employers, but rarely offered in most basic massage programs. You usually pay more for advanced courses. At Healing Mountain you get them all in one program @ one affordable price!

So, if you know a friend, family member, or co-worker who is thinking of changing professions to a rewarding career in massage therapy, send them our way and make sure they say you sent them. After they graduate on time, you’ll get $300 in massage or spa services as our thanks and they will get a quality education. For more details call our admissions department for our Salt Lake campus at 1-800-407-3251 ext 2 or Cedar City at 1-800-864-0012.

Both the Salt Lake and Cedar City campuses of Healing Mountain Massage School offer a unique retail shop. It is HEALING MOUNTAIN CRYSTALS.

In Salt Lake City, our CRYSTAL SHOP is located right through our main doors next to our spa waiting room. We have many display cases of rare crystals, semi-precious stones, and jewelry from all over the world — places like: Tibet, Russia, China, India, Nepal, Afghanistan, Madagascar, South America, Africa, as well as the United States. Our Cedar City campus has beautiful items on display in their reception area too.

Whether you enjoy a diverse group of mineral specimens or for their metaphysical healing properties, our displays are not only there for your enjoyment, every item is also for sale. Ask the front desk staff for assistance in finding out the sale prices for items on display. And, if there is something you are looking for that you don’t see on display, just ask. We may have it in storage or can direct you to a dealer who might have what you want.

If you have any questions regarding the crystal shop, call either campus & visit Healing Mountain Crystals on facebook.